

# Why Onero for osteoporosis?



# Is exercise effective therapy for osteoporosis?



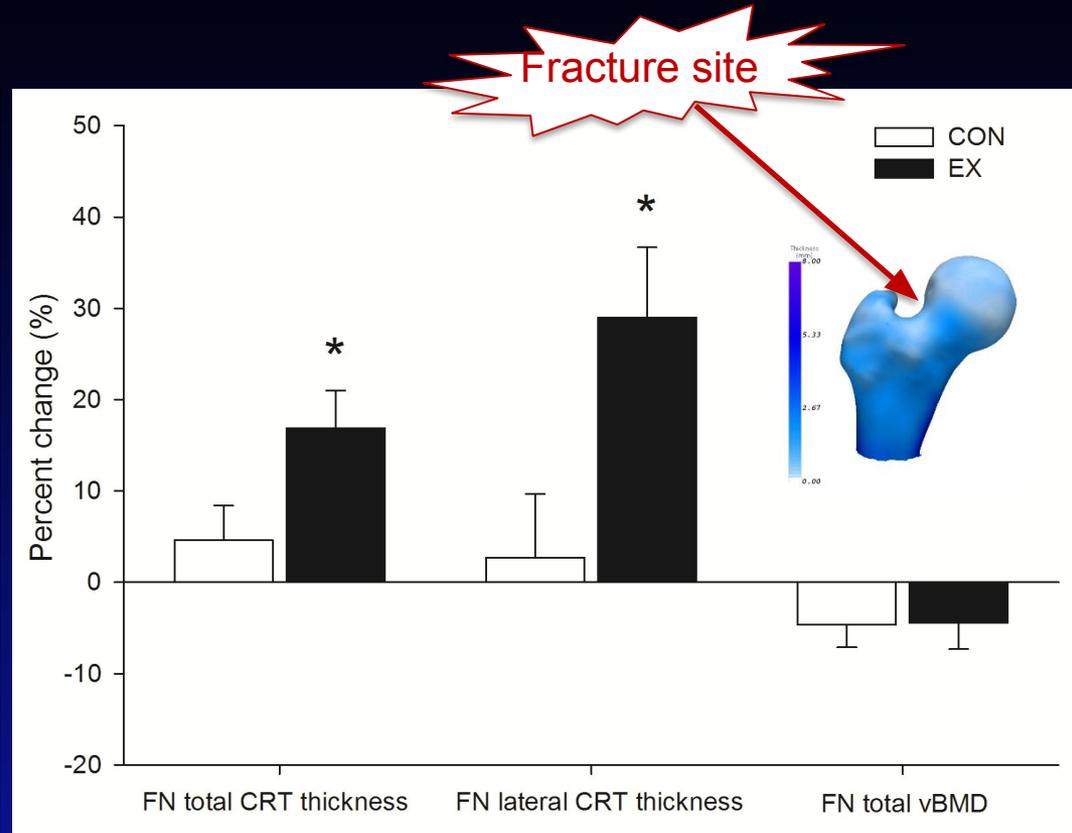
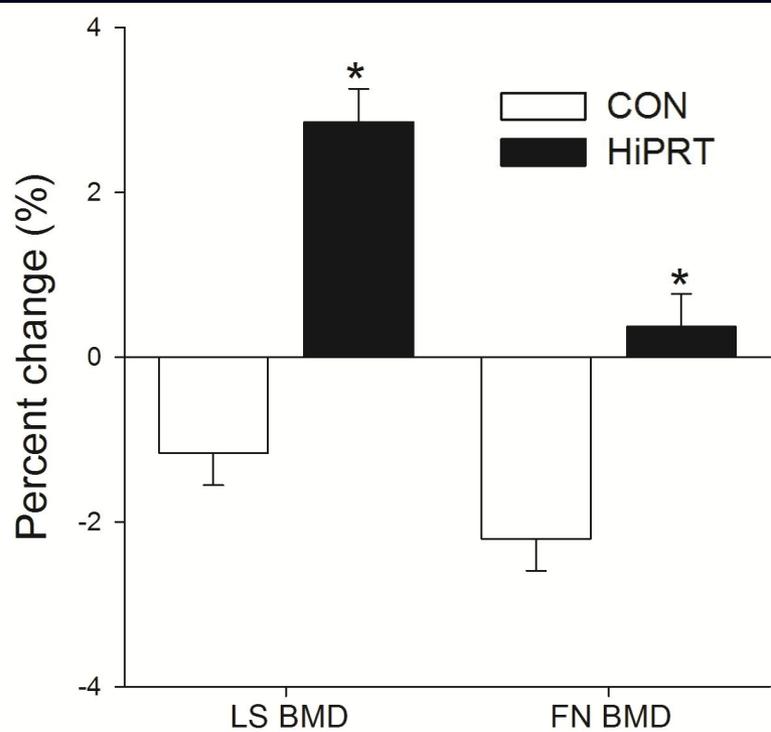
Bolognese et al., 2013; Mandema et al., 2014; Miller et al., 2016; Cosman et al., 2016; Zhao et al., 2015

# LIFTMOR trial

## Participants baseline characteristics

Parameter	CON ( <i>n</i> = 51)	HiRIT ( <i>n</i> = 48)	<i>p</i>
Age (years)	65 ± 5	65 ± 5	0.988
Weight (kg)	62.3 ± 9.6	63.4 ± 10.7	0.596
Height (cm)	162.0 ± 6.4	161.9 ± 5.2	0.919
LS BMD (g/cm <sup>2</sup> )	0.818 ± 0.108	0.819 ± 0.106	0.969
LS T-score	-2.12 ± 0.81	-2.10 ± 0.80	0.928
FN BMD (g/cm <sup>2</sup> )	0.681 ± 0.062	0.697 ± 0.083	0.264
FN T-score	-2.1 ± 0.5	-2.0 ± 0.7	0.214

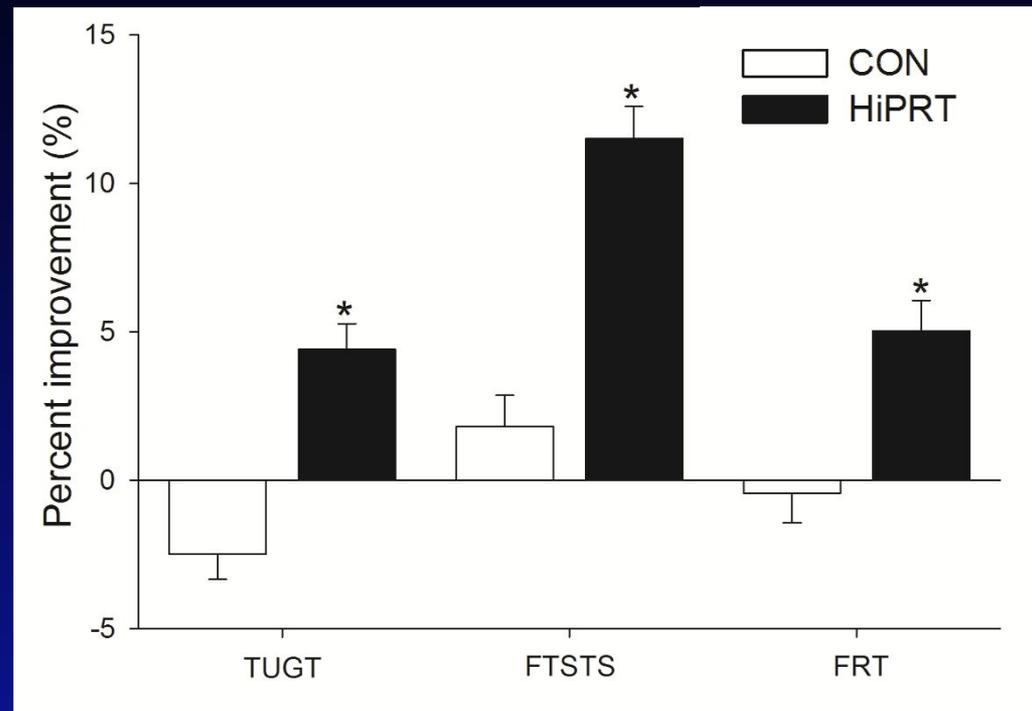
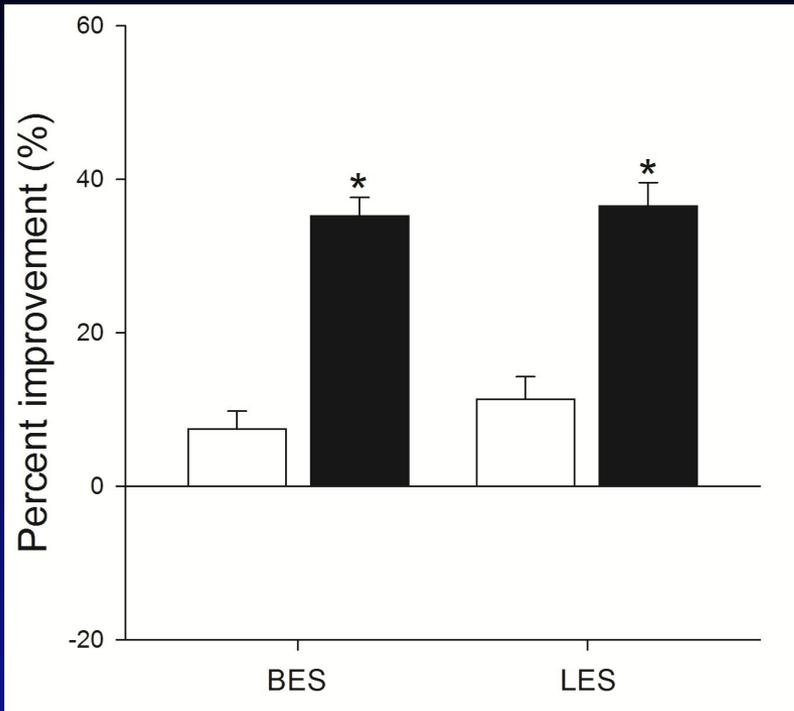
# Results – Bone mass and geometry



\* Between group difference ( $p < 0.001$ )  
 ‡ Within group difference ( $p < 0.01$ )

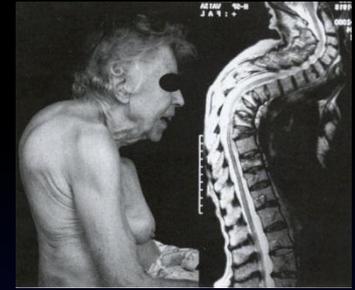
# Results – Function

BES back extensor strength, LES Leg extensor strength, TUGT timed up and go test, FTSTS 5 times sit to stand test, FRT functional reach test

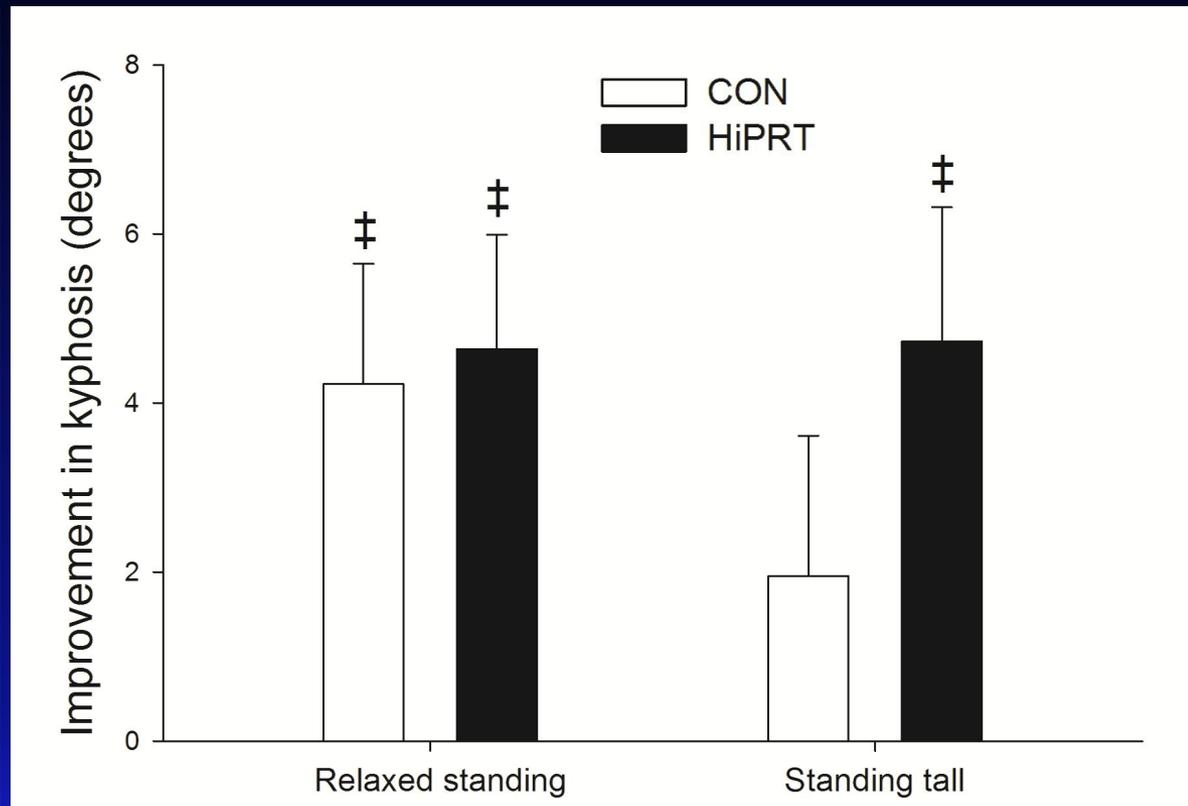
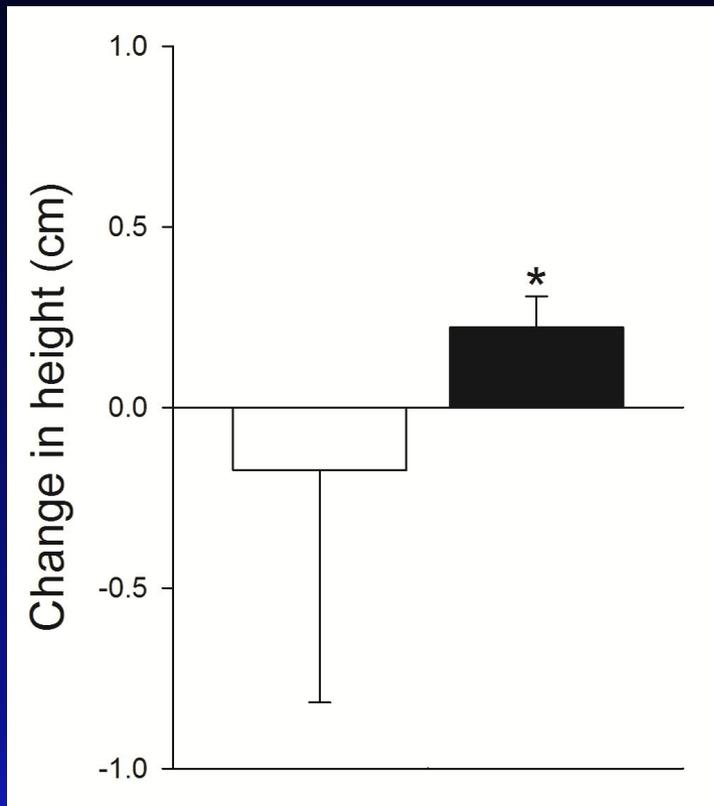


\* Between group difference ( $p < 0.001$ )

# Results – Height / kyphosis



- \* Between group difference ( $p < 0.001$ )
- ‡ Within group difference ( $p < 0.01$ )



# The Bone Clinic

Assess

- Baseline assessment (GPMP)
- Diet assessment

Train

- Twice-weekly training
- Educational seminars



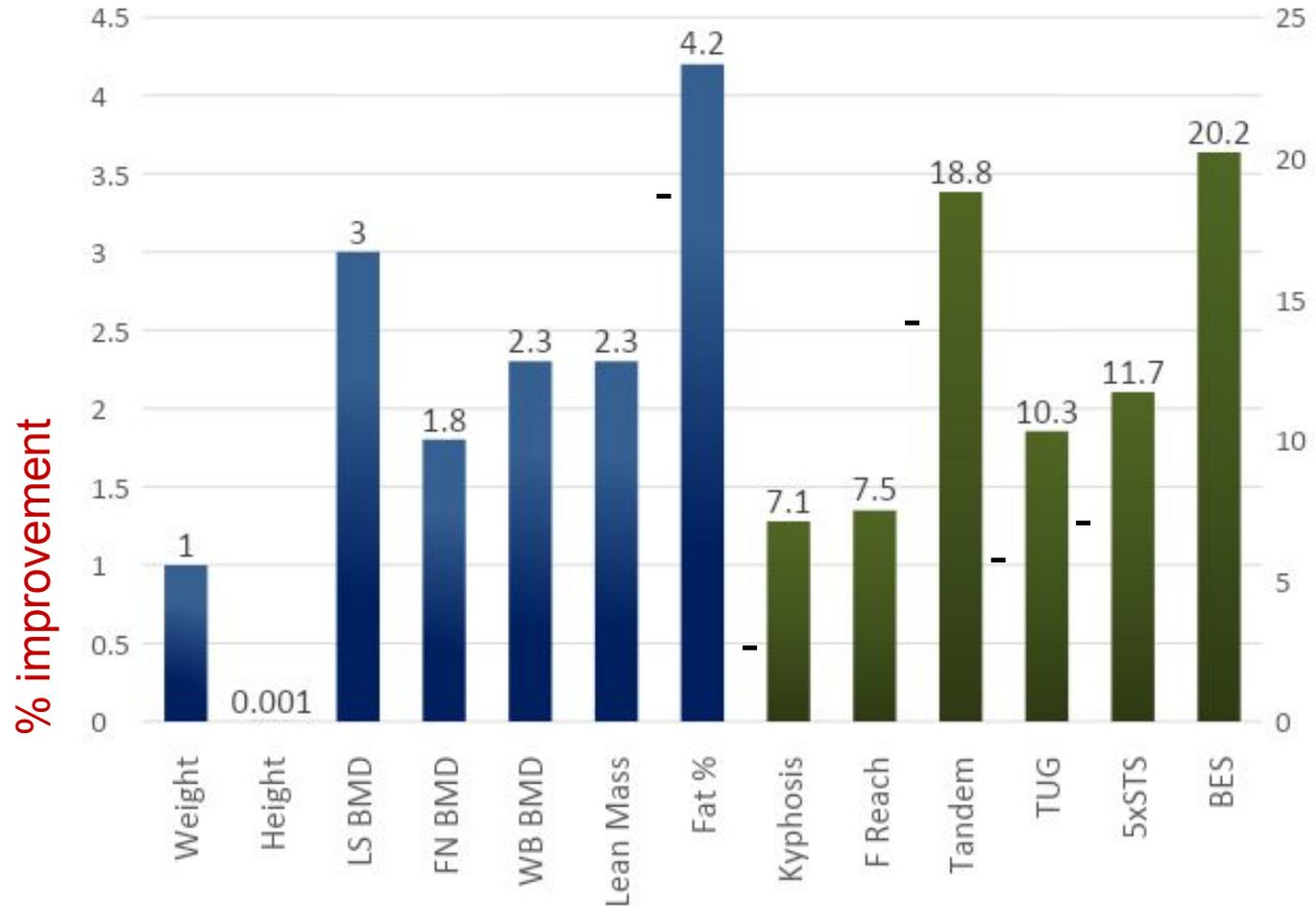
L. *Onero*, overload

Assess

- 12 month follow-up assessment

# Onero outcomes (n=415)

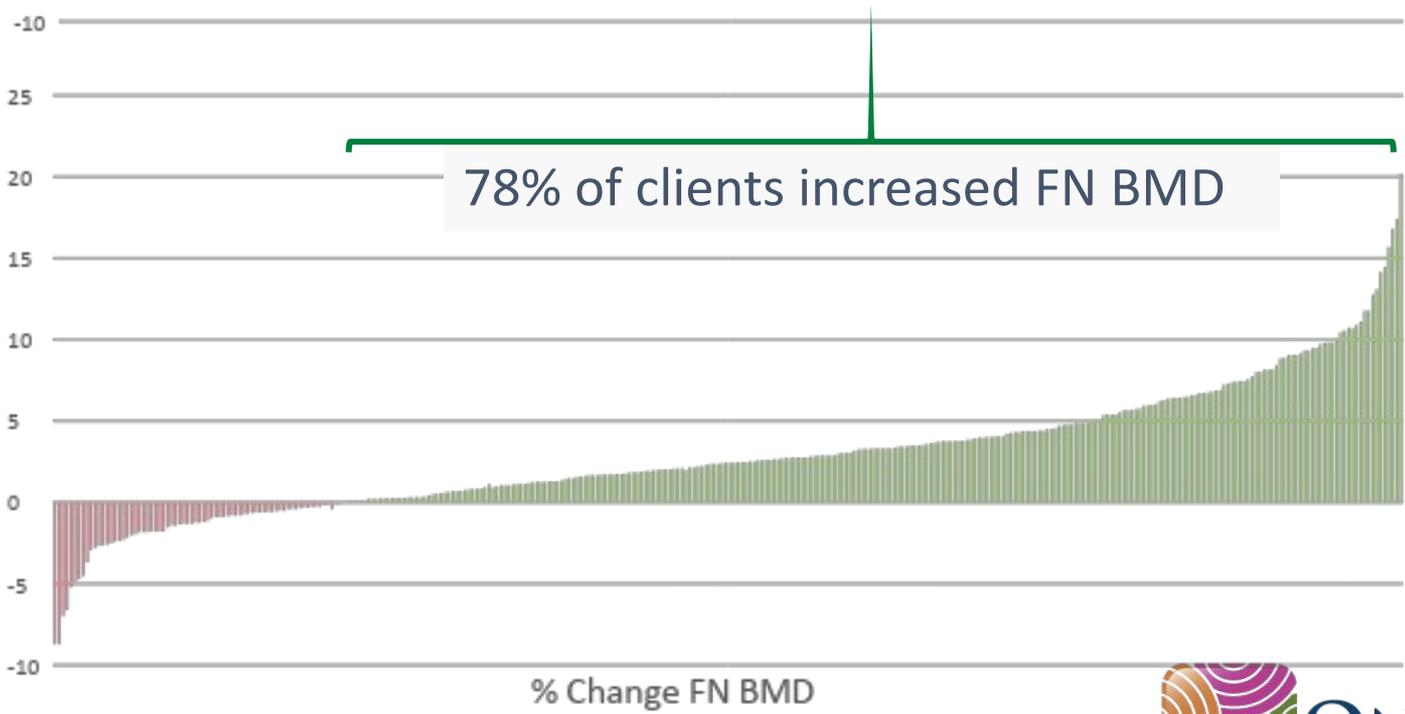
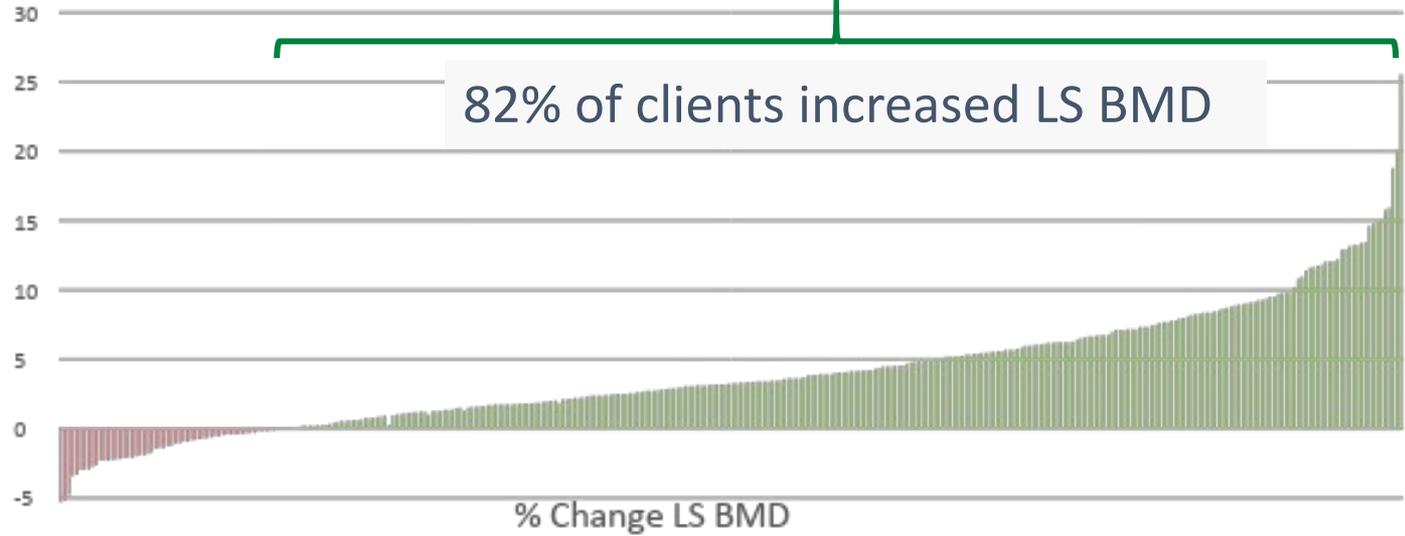
*LS lumbar spine*  
*FN femoral neck*  
*WB whole body,*  
*T total*  
*BMD bone mineral density*  
*F Reach functional reach*  
*TUG timed up and go,*  
*STS sit to stand*  
*BES back extensor strength*



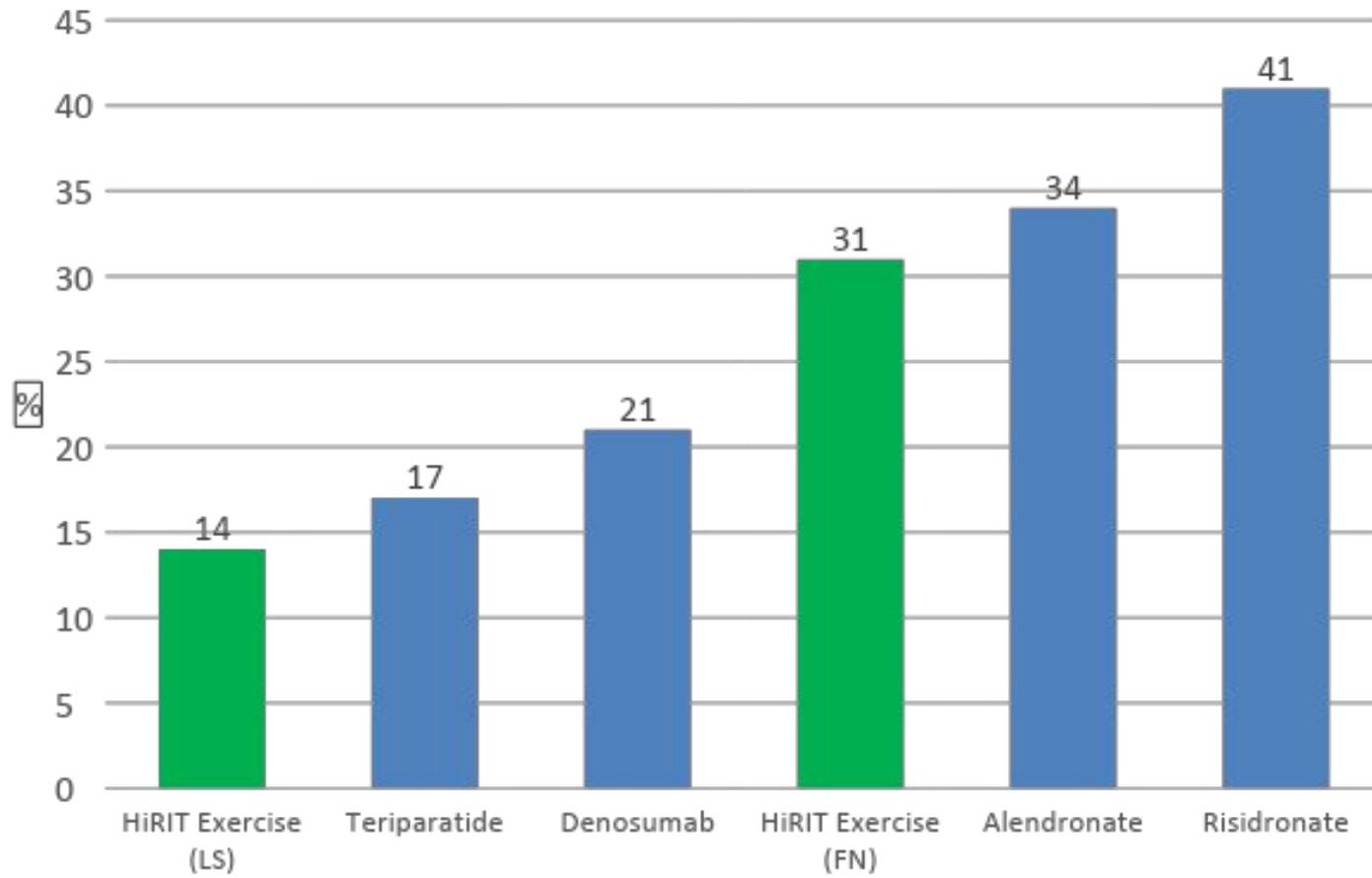
Mean % improvement in bone and functional outcomes after 12m supervised HiRIT

# Responders v non-responders

## % change BMD



# Percent non-responders: Onero exercise vs medications



# Finding an ONERO™ provider

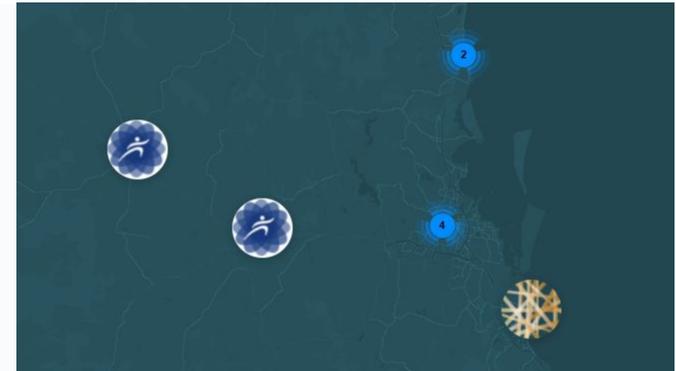


Onero™ Licensee map <https://onero.academy/locations/>

**Supervised Exercise Program**

Healthy Bones Australia has aligned with an accredited exercise program called ONERO. This approach to training is based on research studies conducted in women and men with osteoporosis.

**Visit ONERO Today**



**The Bone Clinic**  
Location: 26 Turbo Drive, Coorparoo, 4151  
Telephone: (07) 3391 5510  
Website: <https://theboneclinic.com.au>

